



the ultimate guide to psychokinetic abilities



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Beginners To Advanced Aerokinesis Guide

Now we have come to one of my favorite types of psychokinesis, and its called aerokinesis, so lets get right down into it

What Is Aerokinesis?

Aerokinesis as some of you have already guessed is the ability to manipulate air particles with the power of the mind, now some of you must be saying to yourselves “why would I want to do that!”

Well.....Aerokinesis is one of the easiest skills to learn, because air is all around us and we can feel and connect to it very easily

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Is Aerokinesis For You?

If you have just started using your mind to do amazing things and you want to see results quickly, I would say go with aerokinesis, most people see the most improvement in this field, although [controlling shadows](#) can be a bit cooler than that,

What Can Aerokinesis Be Used For?

Aerokinesis can have many uses once you get quite good at it, from blowing leaves off of your lawn without leaving your couch all the way to generating a nice breeze while you sit and relax at the park, when you get better you can even generate gusts of wind while you are inside the house.

Increasing Wind Speed

This is a great technique to build your mental muscle if you are just starting out and need to see some quick proof, but always remember that your belief system and meditation habits will eventually decide how far you will go.

Step One: go outside and find a nice and quiet spot to meditate in, if you need to focus you can put on headphones but it is recommended that you will just go to a place where there aren't many people so you can connect to your surroundings better.

Step Two: now start feeling the wind as it hits your body, start asking yourself "at what speed is it coming?", "is it strong or weak?" , "from what direction is it coming?".

Step Three: once you found the wind and feel connected to it, try willing it to move faster, see the particles in the air picking up the pace.

Hand Of Anemoi

If you don't know [anemoi is the greek god of air](#), and this technique is dedicated to him

Step One: go outside and repeat **Step One** from the previous exercise.

Step Two: after meditating start to visualize with your minds eye that there are golden strings coming out from your hand to a nearby body of air.

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Step Three: now all you need to do after firmly seeing the strings is pulling them slowly in your direction, as you get better you will be able to bring stronger winds.

Changing Direction

This technique is a bit more advanced since it is inside the house with no external wind to guide you, when you are first starting out it is best to get to a good level with the previous techniques.

Step One: meditate indoors for about an hour.

Step Two: keep your hands six inches apart from each other.

Step Three: now blow air on only one of your hands and try to will the air to go to the other hand, when you can feel the air on your other hand from the direction of the hand that was blown on you managed to do it, and that is as pure as air manipulation gets.

Air Balls

This is a fun skill to have that you can use whenever you want to have a little fun.

Step One: make a psi ball (a kinetic ball of energy) and make it as strong as possible.

Step Two: take the psi ball and insert air into the psi ball through your hands, visualize air as a fluid coming out of your hands and filling the psi ball, feel the air energy between your hands and fill the psi ball full, you should start feeling cold or warm breezes of air on your hands.

Step Three: aim the ball at an object or a person (this should be harmless but use at your own risk) and throw it as hard as you can, the person or object should feel the air on them and perhaps move.

In conclusion this is a great skill to have and it is easy to get started with, good luck with it!

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Beginners To Advanced Biokinesis Guide

What is Biokinesis?

Biokinesis is a process of reprogramming the cells and DNA through a person's mind. This may involve altering, healing and destroying the cancer cells, increasing body mass. Also it allows the person to change physical appearance and even heal the physical body. However, the most common biokinetic technique is changing eye color. It may also be used to alter the structure of the DNA or heal diseases, not just in your own body but together with the others.

Although medical doctors do not admit the truth behind it, some of them refuse to critic due to the fear of being opposed.

However, some sites claim that some muscle building programs integrate principles of this discipline. According to an unspecified research study from the University of Manchester, these programs were believed to have caused around 50% muscle size increase to the people.

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Who needs to learn biokinesis?

Anyone possess the capacity to learn biokinesis. However, it is advised that those people who want to learn biokinesis, should be knowledgeable about the theory behind the technique. A person should also be optimistic who will believe in his capabilities. Thus, a person that is going to use it must not be too emotionally invested, and not dependent on other people. He must also be able to develop the ability to concentrate and focus on one priority at a time.

How long will it take me to start demonstrating Biokinetic abilities?

The average number of months for a person to master this discipline is two to six months. It always depends on your body especially your DNA. It also depends on your effort, particularly how passionate you are about your goal, how many times you listen to subliminals in a day, and how sensitive your subconscious mind is to autosuggestion. It may also depend on your focus. Since you may listen to relaxing music, it may distract you to think about other unnecessary things while listening. Lastly, it may also depend on the personal goal. Changing one's whole body may even take a year or more.

What are risks associated with practicing Biokinesis?

Just like other Disciplines on this website, the techniques here may harm you and if you will not use them correctly. For frequencies, it is better to stop immediately once you feel that you have already listened for long. Studies have shown that excessive listening to loud music will gradually cause hearing loss to a person.

What should I do to get started?

One of the very first things you must do before embarking on your biokinetic journey is to get familiar with the theory behind it. Understanding how it works is a complex idea to

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comprehend especially in practicing it. Otherwise, your subconscious mind will not believe what you are doing. Get started by knowing more about subliminal audios or those that contain hidden affirmations. One must also learn more about frequencies and how they influence the brain to alter the body.

It is also best if you can deal with your personal and emotional problems before beginning to concentrate on your biokinetic procedures. Your current emotional concerns may reverse the process. Most specially to have productivity, one must first learn to accept and love himself.

The Benefits of Biokinesis

You can use it for building muscle and your body. You may also use it for changing the color of your eyes or healing acnes, illnesses, and even cancer. Aside from this, there is also a multitude of reasons why people use biokinesis.

So lets start with the training

Rejuvenation of Plants

Beginner biokinetic techniques must not be directed to living human beings at first so should start with plants:

- **Step 1.** Look for a sick plant or a dying one. Make sure that this plant is relatively small and not taller than one foot.
- **Step 2.** Take the sick plant to your room in a pot. Make sure there is only an average amount of sunlight entering the room.
- **Step 3.** Focus on the plant and see in your minds eye
- **Step 4.** Visualize the plants health as a small ball of light, gradually getting bigger
- **Step 5.** See it getting bigger and the plant becoming greener as a result
- **Step 6.** See all the disease in the plant getting pushed out while the ball is getting bigger
- **Step 7.** That's it , do it for a week straight before trying on people

Creating a needle of energy.

This technique will be among the first exercises which you will need to master.

- **Step 1.** Meditate for about 30 minutes. This is crucial to the opening spiritual blockages in your body. Once you have reached a state of complete ease and relaxation, let your psi or psychic energy flow through you.
- **Step 2.** Visualize a small needle of energy inside your body. See it as a thin and extremely sharp needle. See in your mind that your genes are flowing all throughout your body in tiny tubes. Using your mind, tell the needle what purpose you have for it and how you want it to change your genes. Use it to pierce the needle into the flowing genes until it disappears into the gene pool. Use the psi to cover the hole made by this needle. Once the needle is inside, visualize it turning to psi again and let it dissolve into your genes.
- **Step 3.** Wake up from the meditation. Before you go about your usual day, fill your mind with the thought "I am (what you believe you will change to be). Do this all day then you will see or feel some results after a week.

Bioelectrical Cellular Stimulation.

This is an advanced technique that will bring good and heal headaches, sore joints, and body pain. Make sure that you keep this method to simple healings so that you will not disturb anything chronic.

- **Step 1.** Place your hands about two inches away from the area that needs healing. Focus on what particular types of sensation that you feel. If the area is swollen, you may feel the heat.
- **Step 2.** Concentrate on psi energy emitting from your palms and direct them towards the area. Use your mind to command the psi and visualize it, healing the inflamed area.
- **Step 3.** If it is not on inflammation, ask the person whom you are trying to heal if the pain has added up. Then, you may be emitting too much electrical current. Reduce the intensity of your psi with your mind as well as with your emotions. Stop when the pain ends.

Perhaps, there are a few people out there who have very good [psychic abilities](#) , and they practice it to revive and revitalize their dead and dying cells. That is why they may never grow old. However, they may just be afraid to come out and show the world their abilities. To master any psychic ability you must master your mind first, you need to practice constantly. With consistency, anything can be mastered.

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what Is Chronokinesis

Chronokinesis is the ability to mentally alter and manipulate time as it relates to one's perception. When we talk about time, we typically refer to the past, the present, and the future. The past is gone and nothing but memories, the future is intentions and actions yet to occur. The present, the here and now, is where we can apply the concept of chronokinesis. The term chronokinesis comes from the Ancient Greek words "khronos," meaning "time," and "kinesis," meaning "motion."

What if someone told you that the concept of time was created purely by humankind's own dogmatic mind? What if by altering your perception of time, you could disregard its traditional existence completely and bend it at will? It may sound too fantastic — like some superpower straight out of a blockbuster sci-fi movie — but it is an entirely real possibility. In this article, we'll explore the topic of chronokinesis: how it works, and how you can perform it.

Have you ever experienced a moment, such as a car crash or something similar, where time seemed to slow almost to the point of stopping? What about a day that flew by so quickly you found yourself asking, "Where did the time go?" These are examples of the theory of chronokinesis. These types of occurrences are typically isolated incidents and are experienced through no intentional act by the person experiencing them. However, it is possible to train your body and mind to perform chronokinesis at will.

All you'll need for the techniques outlined in this article are

- A quiet space where you won't be disturbed.
- The ability to visualize.
- The sound of a ticking clock.

Sidenote* Old-fashioned analog clocks work best for chronokinesis exercises. If you don't have one, you can pick up a small alarm clock for a few dollars at your local store. There are

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also ticking clock apps you can download to your smart phone. Regardless of what type of clock you choose, the louder the tick, the better.

Meditation: The foundation of chronokinesis

Before we delve into the chronokinesis training of slowing down and speeding up the perception of time, each of the upcoming techniques in this tutorial will require you to first enter a state of mindfulness – a state in which you're completely focused on the present. It's easier said than done, but with a little practice, you'll soon get the hang of it.

Step One: Find a quiet, comfortable spot on the floor and sit down in a cross-legged position. If you're unable to sit on the floor, a chair will do nicely. Rest your hands on your legs or place them in your lap. Make sure your back is supported either by sitting against a wall or leaning against the back of a chair. Comfort is key as you'll be in this position for a while.

Step Two: Set a timer. You can increase your meditation time as you get better at it, but 10 minutes is a good place to start if you're new to the practice. The timer should be set on a different device from the one you'll be using to count ticks and tocks in later exercises.

Step Three: Take a few deep, calming breaths. It's important to relax and make sure that you're not holding tension anywhere in your body; it will only serve as a distraction and interrupt your meditation.

Step Four: At first, you may find that it's easier to relax with your eyes closed. However, if your mind starts to wander, or you start to fall asleep, open your eyes and focus on a spot on the floor a few inches away from where you're seated.

Step Five: Attempt to clear your mind completely and focus only on the present moment as it's happening. Thoughts will inevitably cross your mind – what happened at work that day, what you're making for dinner, etc....but the key is to let these thoughts come and go without focusing on them. Eventually, your mind will still. Attempt to remain in this state until your timer goes off.

If you practice this technique every day, it will soon become second nature for you to enter a state of mindfulness. If you gradually increase your daily meditation time, you'll be meditating for up to 30 minutes a day before you know it. It's crucial to your success to learn how to quiet your mind before attempting chronokinesis. It will also aid you in the practice of visualization, which you'll be using in the advanced technique mentioned later.

Breath Counting

Step One: Sit in a quiet room with the sound of a ticking clock and enter a state of mindfulness.

Step Two: Focus on the sound of the ticks and tocks for a couple of minutes in order to get a real sense of how long it takes for a second to pass.

Step Three: Begin taking deep breaths. Breathe in through your nose for a count of four ticks, and breathe out through your mouth for a count of four ticks.

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Step Four: As you breathe in, start to imagine the ticks of the clock getting faster. As you breathe out, imagine them getting slower. Continue doing this and you'll eventually begin to feel time speeding up and slowing down.

If you're using an analog clock, check it against a digital clock before and after the exercise. You may find that more or less time has passed on the analog clock than on the digital one. If so, congratulations! You've just successfully performed chronokinesis.

Mind The Gap

Instead of focusing on the ticks and tocks, this technique focuses on the quiet space in between them.

Step One: As in the beginner's method, sit in a quiet room with the sound of a ticking clock and enter a state of mindfulness.

Step Two: There's no need to count breaths this time, just listen to the ticking of the clock. Start to focus on the quiet spaces in between the ticks and tocks.

Step Three: As you focus on the silence, imagine your energy, your very being, becoming one with the silence.

Step Four: Imagine the measure of the silent spaces stretching out longer and longer. If you need a visual aid, you can picture the energy of the silence as a rubber band or a piece of elastic being stretched. Practice this for several minutes. If the ticks of the clock start to get further apart, you've done it!

Practicing this technique regularly will eventually allow you to become so adept at chronokinesis that you'll no longer need a ticking clock to perform it.

The Blue Grid (A.K.A The Matrix)

When attempting this technique, you should already be skilled at both entering a state of mindfulness and visualizing things vividly in your mind, it is very important so do not underestimate these skills, it is the basis of every technique.

Step One: Get comfortable in your quiet space and enter a state of mindfulness.

Step Two: Close your eyes and begin to visualize a grid made up of small, blue particles. Imagine that grid constantly moving, passing through everything in waves or pulses.

Step Three: Feel the grid as it moves through you. Imagine a breeze or a puff of air ruffling your hair as it passes. Become conscious of the grid being everywhere, moving through you and surrounding you.

Step Four: Open your eyes and continue to visualize the grid superimposed on everything in front of you.

Step Five: Depending on how you want to alter the perception of time, imagine the grid's waves or pulses either slowing down or speeding up. For example, as the grid slows, so

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should the speed of activity or movement of anything going on around you. The process is exactly the same if you want to speed up time, just visualize the grid moving faster. Because this is an advanced technique, don't be surprised if you don't see results on your first, third, or even 20th attempt. The important thing with all of these techniques is that you keep trying. Don't give up. As with any new skill, it's going to take some time.



[Beginners To Advanced Cryokinesis Guide](#)

Cryokinesis Commonly referred to as “ice powers,” gives the user the ability to create and manipulate ice or very cold temperatures through the manipulation and control of matter. Cryokinesis is something that you can train yourself to do. Training the body to perform the abilities necessary to control matter takes practice and dedication, but practicing the necessary techniques will allow any dedicated practitioner to become advanced in the realm of cryokinesis. Once you have reached an advance level in the practice of cryokinesis, you will be able to do many things such as creating a blizzard, freezing objects with just a touch, and being able to withstand extremely cold weather with no discomfort.

Who has been known to use cryokinesis?

Wim Hof, commonly referred to as “The Iceman,” is a career daredevil and 20 times Guinness World Record holder for withstanding extreme temperatures that is a master of this craft. He has climbed Mount Everest in nothing but shoes and shorts and remained comfortably in ice baths for hours while maintaining the same body temperature and heart rate. He has been

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able to accomplish this by using a breathing technique, rightfully named “The Wim Hof Method.” His method involves meditation and breathing exercises, coupled with extreme awareness of your body. Wim believes that you can control the body to be able to withstand extreme temperatures, and even fight off diseases. He believes that you can control the body consciously through these breathing techniques. He also says that with the correct exposure to the cold, many health benefits can be produced. Health benefits can include reduced inflammation, fat loss, and balanced hormone levels. Although it has taken him years of practice, Wim Hof has been able to achieve unbelievable accomplishments in extreme weather circumstances. Wim Hof’s practices are the same as used in cryokinesis, and with the right techniques it is possible to withstand extreme circumstances just like Wim Hof.

Cryokinesis Conditioning

Because cryokinesis involves extreme cold temperatures, the first thing you should do before practicing cryokinesis is to let your body adapt to colder temperatures. There are several ways to do it, among others include.

- Hold ice in your hand for as long as you can without hurting yourself.
Continue doing this, attempting to extend the length of time you can do it in each try.
- Take cold showers each day, making the shower a little bit colder every time you go in, do this until you can withstand the coldest temperature.
- Go outside during cold temperatures for an extended amount of time for as long as you can.
- Meditate in cold weather, As you will learn in this website, meditation is the key to every hidden power, try to meditate in a cooler place than you usually do.

Cryokinesis Techniques

Belief is the foundation to a success in attaining cryokinetic powers. Without completely believing in yourself and in the existence of these esoteric powers it will be nearly impossible to actually do it. So believe in yourself and in your potential abilities before you get practicing.

Cryokinesis Meditation

Meditation is essential to the practice of cryokinesis because focusing your mind is the main element of mastering this practice. Once you have mastered your mind you can master anything.

Step One: meditate in a cold place for about ten minutes at a time. Being in a cold place is important because you are attempting to create something cold. So

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surrounding yourself with the element you are creating will allow your body to easily produce more of that same element.

Step Two: While mediating, visualize ice crystals forming in your environment. Use your mind's eye to picture and feel the ice flowing through your body, as well as completely covering the outside of your body, and continuing to feel your body cool down at a fast rate.

Step Three: Make sure to imagine every detail of the ice and how it would feel to be surrounded by it. Visualization is key to this mediation.

Making Water Cold

This is a great technique for beginners, and often the first technique used when practicing cryokinesis because it is the quickest to show you results and that also gives you a boost in confidence. Once you have made the water cold, it will validate your ability in cryokinesis and give you the confidence to try more advance techniques.

Step One: Get a warm glass of water.

Step Two: Clear your mind, as you would when mediating, visualize in your mind's eye a thin layer of ice forming over the glass. Visualize the glass becoming so cold that the water begins to freeze and crack.

Step Three: Start listening and visualizing how the cracking of the frozen ice water would sound like.

Withstanding Cold Temperatures

Step One: Take a cold shower.

Step Two: While in the shower feel your body absorb the energy of the cold water through your skin.

Step Three: As you absorb the energy, visualize your body getting colder and colder, making your body temp lower, while becoming one with the cold water, you are not resisting cold water, YOU ARE COLD WATER.

Step Four: Imagine the cold surrounding you like a coat, completely covering your body. If this is not working you can hold a few ice cubes in your hand, allowing you to absorb their energy easier as they melt. Holding ice might make it easier to absorb the energy of the ice because the temperature of the ice will be colder than that of the water.

Step Five: Eventually it will become easier for you to withstand the cold temperatures and easier to feel the energy from the cold water and temperatures.

Lowering the Temperature

By far the most concrete evidence you can have of your abilities, practicing this step in a room with a thermometer will show you exactly how strong your abilities are getting. This technique is vital because it will show you the strength of your cryokinesis abilities, and allow you to know when your abilities are strong enough to be used successfully in more advanced practices of cryokinesis.

Step One: Sit in a cold room and get into a comfortable position for mediating.

Step Two: Recognize the temperature in the room and start to feel it engulfing your body like a blanket. This step works best if the room is already on the cool side.

Step Three: Visualize, in your mind's eye, the room getting colder and colder, imagining ice around you, and all throughout your room.

Step Four Check the thermometer in your room to see if the temperature in your room has gone down.

Ice Ball

To do this technique it is important that you have become proficient in the mediation technique, since this practice uses the mediation technique a step in the process. So be sure that you have successfully completed the practice before moving on to this one.

Step One: Get in the same position you would when mediating, and again make sure you are in a cold place.

Step Two: After you have begun meditating place your hands in the same position you would if you were holding a ball. It is recommended to place your hands in front of your belly button because that is where your dan tien is but you can place your hands wherever you are most comfortable holding them

Step Three: Visualize a psi ball between your hands, a psi ball is a ball of psychic energy, to create such a ball you need to use your will power and will the energy from your body into the space between your hands, and within that ball start willing it to be colder and feel how ice is developing between the palms of your hands.

Step Four The next step is to begin compacting the ball, turning the psi ball into an ice ball. Keep doing this into the ball has psi ball has formed into a hard ice ball.

You can change the size of your ball by moving your hands accordingly, for a smaller ball move your hands closer together, for a larger ball further apart. If your desire is to throw the ball, you

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must imagine the ball being thrown at a fast speed hitting the target you have focused your mind on.

Sickle Breath

This is an advanced technique that requires a lot of practice. This technique will also deplete you of your psychic energy, so remember that before you begin to practice it. Be sure that you do this once you have become comfortable and successful with the other forms of cryokinesis practice since its an advanced technique and it will take a lot of practice to master, so you don't want to feel discouraged if you cant complete this step because you aren't at the level to achieve it yet.

Step One: This technique involves taking your energy, and moving it from all of your body into your mouth until

you feel a vibrating cold energy in your mouth.

Step Two : Open your mouth, directing it at your target, and blow your energy through your mouth onto your target.

Step Three: While blowing your psychic energy, imagine it turning into ice.

Step Four: You should be able to feel your mouth getting cold and the frozen energy heading towards your target. (Be mindful not to use this to attack on someone unless forced to.)

Ice Shield

To do this, it is recommended that you have a few weeks of training, because this will deplete your energy, and requires a little bit more experience.

Step One: First you must do the cryokinesis mediation while standing up.

Step Two: While mediating, imagine an aura of ice surrounding the entire outside of your body getting denser and bigger as the aura gets stronger as the ice makes it's way around your whole body.

Step Three: When imagining the shield forming, imagine it happening over each part of your body, one part at a time. See each detail of your body being covered in the ice one inch at a time.

Step Four: With practice you will eventually be able to fully surround yourself in a shield of ice.

If this is something that interests you, take it step by step in order to have the best chances of being successful. If you decide to take the first step in practicing be sure to use your abilities for fun and never to cause harm unless you are in a position that you are forced to. Most of all

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have fun in this journey and enjoy each step that you conquer. If you're having trouble believing that you can accomplish these things try visualizing yourself forming ice or creating a blizzard, and thrive off that feeling. Use that feeling to fuel your practices. Be sure to share your own stories of success with your practice of cryokinesis.



[Beginners To Advanced Hydrokinesis Guide](#)

Hydrokinesis is the ability to manipulate water with the power of the mind, this ability is not unique to certain people and not for others, it is inside each and every one of us and can be activated, just like a muscle, if you don't use it you will get weaker, also hydrokinesis can help you and improve you towards learning [cryokinesis](#).

How can I get started

We have listed in this guide techniques from the easiest to the hardest, you can look at this as your hydrokinesis manual, and if you are having trouble I am a big fan of meditation, it helps clear your mind and get you to a state of mind where practicing hydrokinesis becomes much easier.

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Hydrokinesis Techniques

Basic water manipulation

Requirements: Get a bowl of water with any object inside it, like a toothpick or a cork, as long as it will float.

Step 1: Clear your mind and focus on your breathing.

Step 2: Look at the water and visualise it moving in your mind's eye.

Step 3: Open your eyes and check if it moved, if it didn't repeat it until it moves

Note* you should be focusing on the water and calming your mind and not on the object inside of the water bowl, that is just a marker so you will know how you progress, it is important to put it there so when you will be able to move the water you will have psychological proof and thus reinforcing your belief in hydrokinesis.

Creating water ripples

This technique is important to master for anyone that wants to go further with his hydrokinesis training.

Step 1: Meditate for half an hour.

Step 2: Go to a quiet place near a water source outdoors, it could be a quiet lake or an empty beach.

Step 3: Sit in the shallow water with your hands lightly touching the water with your finger tips.

Step 4: Feel the soothing sensation of the water and begin feeling the vibration of the water source.

Step 5: Now project the vibrations back into the water source

Whirlpool

For this technique you will also need only a water bowl and a floating object

Step 1: Clear your mind again

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Step 2: Visualize with your mind's eye that you are in the middle of a tornado, feel exactly how it will be, now that tornado has went over the ocean, start to feel how the tornado is spinning the water beneath it in a circular motion, visualize it until you can see it bright as day.

Step 3: Try to see the water in the bowl spinning and will it to spin.

This takes some practice, its a good idea to first master the basic water manipulation.

Moving water inside you with hydrokinesis

*DISCLAIMER: THIS IS AN ADVANCED TECHNIQUE, MAKE SURE YOU HAVE MASTERED ALL OF THE ABOVE FIRST,IF YOU ARE FEELING SICK OR LIGHT HEADED PLEASE STOP.

Step 1: Meditate for at least an hour

Step 2: Stay in the same meditative position that you have been meditating in

Step 3: Feel your energy inside your dan tien (in your belly button)

Step 4: Pull all of the energy through your body, from your dan tien, to your right shoulder, then to your left shoulder, and then back to your dan tien.

If you can feel the water and blood inside of your body moving in the direction you were willing it to go then you were successful, if not try again until you are able to do it.

Thats all we have for you today, good luck in your psychic training

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[Begginers To Advanced Sonokinesis Guide](#)

What Is Sonokinesis?

Sonokinesis, also known as echokinesis and audiokinesis, is the art of using your mind to manipulate sound waves.

How Does Sonokinesis Work?

By employing the methods and techniques of sonokinesis outlined in this article, you will learn to create, warp, and manipulate sound. Sounds are merely vibrations that create disturbances in the atmosphere in the form of pressure waves. These pressure waves are perceived by our ears as sound. Sonokinesis will enable you to alter these pressure waves in order to mimic, strengthen, quiet, speed up, or slow down sound. Caution should be used when performing

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some of the following techniques, as ultralow frequencies can cause internal damage to living beings.

Turn up the volume

In this beginner's exercise, you will be manipulating sound waves to make them louder.

Step One: Enter a state of meditation for at least 10 minutes in order to calm and prepare your mind. Meditate until you feel clearheaded and focused.

Step Two: Turn on any type of music that you like at any level of volume. You may want to start off by using a stereo so that the sound waves fill up the room.

Step Three: As you listen to the music, imagine the sound waves manifesting in a linear pattern, such as a line or bar. You can also imagine them to be any color of your choosing. Although, since you're going to be raising the volume of the music, it helps to envision the sound waves in a bright color.

Step Four: Focus on the sound waves and use your mental energy to begin raising the line or bar. As the line or bar begins to rise, so should the volume of the music.

You can practice this technique in the reverse as well. You can imagine the bar moving lower to bring the music to a quieter level. In this case, you may want to picture the sound waves as having a soft or muted color.

The sonic blast

Depending on how loud you want your sonic blast to be, choose an environment with an appropriate level of noise. It's helpful to start out in a quieter environment and progress to a louder one as your technique improves. Exercise caution when using this technique that you don't aim the blast at anything made of glass. This sonokinesis technique, once mastered, has the same effect as a high-pitched sound and will shatter certain types of glass.

Step One: Meditate for at least 10 minutes. The more centered and grounded you are, the better.

Step Two: Enter a state of mental alertness and invoke a feeling of empowerment. Formulate a clear objective and envision your desired result. By doing so, you will be creating an expectation of success.

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Step Three: Visualize air molecules, which carry sound waves, all around you. A method that works well for some sonokinesis practitioners is to imagine the molecules as television static.

Step Four: Begin to not only see the static around you, but also feel it. Hold out your dominant hand, palm up, and visualize the sound-loaded air molecules gathering into a ball in your hand.

Step Five: Focus on your desired target and release the ball of sound waves. It may help you to have a mantra word to repeat in your head or out loud, such as “move,” “strike,” or “destroy.” Depending on how quickly or slowly you get the air molecules to vibrate, you may hear a high- or low-pitched sound when they strike your target.

The Sonokinetic Aura

In this sonokinesis technique, you will be utilizing sound waves to create an aura, or shield, around your body. This aura is useful when you know you’re going to be in an extremely noisy environment and want to mute some of the sound.

Step One: After meditating and clearing your mind for a sufficient amount of time, stand up and hold both arms out in front of you with your palms turned upward.

Step Two: Visualize the sound waves vibrating around you and imagine the waves gathering into two sonic balls, one in each hand.

Step Three: Once you have the sonic balls the size you would like them to be, move your arms in toward each other until your palms are touching.

Step Four: Raise your arms, palms still pressed together, above your head.

Step Five: Begin to separate your palms and move your arms in a downward arc until they reach your feet. As you do this, imagine the sound waves stretching between your hands and forming an oval-shaped shield around your entire body.

Optional step*: If you also wish to project a certain presence or personal quality with your aura, you can envision your aura in a particular color.

Red: energy, strength, and passion.

Orange: ambition, courage, and self-control.

Yellow: optimism, happiness, and friendliness.

Green: peacefulness, compassion, and healthiness.

Blue: spirituality, creativity, and kindness.

Indigo: intuition, curiosity, and benevolence.

Violet: wisdom, intuition, and magnificence.

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In addition to muting some of the sound around you, this aura works well to combat and keep out any negative energies you may encounter throughout your day. It does take a consistent level of concentration to maintain the shield, so you may find yourself having to refocus and re-assemble your shield periodically until you master the technique completely.

Sonokinetic Mimicry

Sonokinesis can enable you to mimic other sounds, such as noises or other people's voices. This is considered to be an intermediate technique as you will need the level of concentration and control required to visualize two different sound wave patterns at the same time. For the purpose of describing this technique, let's assume you want to mimic another person's voice.

Step One: After meditating for a sufficient amount of time, play a recording of the person's voice you want to mimic. Because this exercise takes some time to accomplish, it's best to have the recording on a loop if possible.

Step Two: As you listen to the voice, visualize its sound wave pattern as an undulating wave. If it's a deeper voice, the waves will move slower than those of a higher-pitched voice.

Step Three: Begin speaking along with the voice, repeating the same words he or she is saying. Visualize your voice with its own unique sound wave pattern.

Step Four: As you continue to monitor both wave patterns, use your voice and your mind to will your wave pattern to match the other person's. Take note if you need to slow your wave to match a deeper voice or speed it up to match a higher one. Pay attention not only to the tone and pitch of the voice, but also the speech pattern and inflections. With regular practice, you will be able to impersonate anyone's voice you choose.

Using Sonokinesis for Healing

Because this technique involves directing sound waves at another person, it is considered to be highly advanced. Before attempting sonokinetic healing, you should be at the point where you have completely mastered the other sonokinesis techniques and feel confident that you will not accidentally harm the other person.

Step one: Meditate for as long as it takes you to become completely grounded and focused.

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Step two: As with the sonic blast technique, imagine gathering a ball of sonic energy in the palm of your dominant hand. For added effect, envision the sonic ball as having a healing color, such as blue or white.

Step three: Imagine the ball drifting gently from the palm of your hand and into the affected area of the person you are healing. It can be helpful to use a mantra word, such as “mend” or “heal” as you are performing this technique.

Step four: Visualize the healing sonic energy seeping into their very being and neutralizing the illness. Depending on how the person feels, or how serious their illness, you may have to conduct more than one healing session.

It should be noted that sonokinetic healing is in no way intended to take the place of traditional medical treatment.

Your Sonokinesis Journey

As with any new skill, it takes practice and dedication to master the sonokinesis techniques outlined in this article. If you don't see results immediately, keep at it. Before you know it, you will have mastered all of these techniques, and you may even develop some of your own that work best for you.

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[Beginners To Advanced Umbrakinesis Guide](#)

What is umbrakinesis?

Umbrakinesis is the art of using your mind to control shadows and darkness. It should not be confused with photokinesis, which is the the art of using your mind to control light. In fact, the two powers often work in opposition, and mastering one by no means indicates that you will be able to master the other.

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Science or art?

Umbrakinesis requires the mastery of certain techniques which will be outlined in this article. However, each practitioner will find that they can vary their techniques slightly based on their personality and their unique relationship with darkness. Simply because a tactic works for others does not guarantee that it will work for you. As you continue to master umbrakinetic techniques, you will start to develop a sort of “sixth sense” for darkness and will be able to do using instinct things that once required intense concentration.

Who should learn umbrakinesis?

Theoretically, anyone is able to learn umbrakinesis. However, there are certain people who may find that it comes easily, while others will struggle. If you are the kind of person who is naturally comfortable with darkness and night, some things may come very easily to you. You should also be able to concentrate and meditate for long periods of time for certain techniques to work correctly.

How long will it take me to develop umbrakinetic powers?

Many people start to learn umbrakinesis and quickly give up when they realize they won't be able to instantly perform advanced techniques. Truly becoming a master of the field will take a long time, and you shouldn't feel discouraged if your progress is slow initially.

What are risks associated with practicing umbrakinesis?

As with all kinetic arts, umbrakinesis can be dangerous if not practiced correctly. For example, just like with pyrokinesis if you begin to manipulate darkness and shadow while your mind is full of anger or hate, you may unleash destructive forces. To minimize the risks to yourself and others, try to begin practicing while you are feeling happy or neutral. On the other hand, if you

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are facing an opponent and intending to cause harm, anger, hatred, and fear can be assets to your practice.

How can I get started with my umbrakinetic journey?

While it would be great if you could simply start moving shadows with your mind right away, there are a few fundamental skills that will help you improve dramatically if you develop them. Although it may be surprising, mastering the art of meditation will help you improve dramatically. Practicing yoga or other forms of mindfulness can be a good first step towards learning how to meditate if you have never done it before.

Having a good visual imagination will also help you become a more skilled practitioner of umbrakinesis. To use many umbrakinetic techniques, you'll have to be able to work on envisioning what you want to happen in the world. To hone your visual imagination, try to practice sketching scenes from your imagination. Although it may seem very disconnected from the practice of umbrakinesis, it will be a great asset to you as you continue on your journey.

What can umbrakinesis be used for?

Umbrakinesis can be used for a multitude of things. Here you will find a variety of things that practitioners of umbrakinesis will be able to do with their powers, given sufficient practice. They are listed with the easiest techniques first and the most difficult techniques last. Please note that as you move down this list, you will encounter techniques and tactics that can potentially cause harm to yourself and others.

Create a dimming affect

This is the first step on your umbrakinetic journey. Do not worry about ridding a room of all light; to be successful at this first step, you are only seeking to dim the light in the room.

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Step One: Sitting in a brightly lit room; close your eyes. Try to visualize light as either a particle or wave. Concentrate intently on light in this essential form until you can both see and feel the light with your physical body.

Step Two: Concentrating on the visual and physical sensation of the light, try to find gaps between waves or particles. Using your internal energetic force, push between these gaps to make them wider or broader.

Step Three: Continue pushing until the light is physically forced from the room. You may not notice it at first, but as you continue pushing, the room should slowly become dimmer. As a beginner, you will likely not be able to make the room entirely dark.

Creating a darkness aura

This is very similar to creating a dimming effect, except you will try to concentrate the center of darkness around your own body. An aura of darkness around your body can be used to help you hide from enemies and protect yourself in dangerous situations.

Step One: When you are beginning to create a darkness aura, you will want to close your eyes. As you advance, you will be able to attempt this technique with open eyes. Concentrate on the sensation of light as a physical substance on your skin. Open your chakras, or energy portals. They are located at power points on your body, including your hands, torso, forehead, and ankles.

Step Two: Allow energy to flow from your energy portals to completely envelop your body. Slow your breathing and still all movement. The energy will slowly push the light away from your body.

Create a shadow orb

This is the first step towards creating physical objects made of darkness. Mastering this technique will help you on your path to creating weapons or even beings made entirely of darkness.

Step One: Sit in a comfortable position to meditate with our hand open, palm up, about a foot in front of your body.

Step Two: Slowly open and close your hand. Make a fist and unmake a fist repeatedly, with your eyes concentrated on your fist. Picture yourself pulling darkness from the surrounding area into the palm of your hand.

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Step Three: As you continue to open and close your fist, you should notice that a ball of darkness is forming in your hand. It may be extremely difficult to notice at first, but with practice, you will be able to touch and manipulate the ball.

Create concentrated shadows

After you have mastered orb-creation, you are ready to create concentrated shadow forms which are disconnected from your body.

Step One: Sit or stand in a meditative position. Focus on an area about ten feet from your eyes. This is where you will create your shadow. It is helpful if, as a beginning, you choose to grow or add to an already existing shadow, but you are working to the goal of being able to create shadows from nothing.

Step Two: To succeed at this technique, you should already be able to manipulate light using your energy force. Focus all of your energy on the spot in which you want to create a shadow. Visualize physically pushing the photons away.

Step Three: Focus on the boundary between light and dark. Your energy should function as a knife cutting a clear line between dark and light. It is this boundary that will give power to your shadow.

Shadow Swimming

This technique will allow you to move through areas unseen. Essentially, you will create a path of rapidly moving shadows through which you will swim.

Step One: Create a shadow aura around yourself. You will need to have mastered this technique to successfully shadow swim.

Step Two: Create a shadow several feet ahead of your body. You do not need to be able to maintain this shadow. Simply move to it; as soon as you have done that, create another shadow ahead of you in your path, and quickly move to that. Because you can let the shadows dissolve as you finish using them, this path requires less energy than other shadow movement techniques.

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Night Vision

Those who have mastered umbrakinesis are able to see easily in environments where others will struggle. However, developing this skill is a long process and you should not expect to succeed on your first try.

Step One: Turn off all the lights in a room and close your eyes. You want to be in an environment that is as dark as possible; ideally, there should not even be light coming in from cracks under the door. Keep your eyes closed until your eyes have physically adjusted to the darkness.

Step Two: Open your eyes, but do not attempt to see at first. Simply let them adjust to the dark. If you are in tune with the power of darkness, things should slowly become clear to you.

Step Three: Using the energy centered in your torso, create an aura of darkness around yourself. The stronger the aura, the more effective your night vision will be.

Step Four: Feel the places where your aura has to physically bend or shift to accommodate physical objects. Your eyes will eventually connect to the aura, and you will be able to interpret the physical barriers against your aura as visual sights.

Cosmic Umbrakinesis

Light is one of the ultimate forces of the universe, and darkness is one of the only things that can defeat it. Using cosmic umbrakinesis, you will be able to connect with sources of light far from the Earth and create a shadow that connects you with the cosmos.

Step One: Go outside, preferably at nighttime. Lay on your back on the ground. You need to be connected to the physical earth; do not attempt this while lying on pavement.

Step Two: Concentrate on a source of light far from the Earth. A good source for your first try is the moon. Note: Do not try this with the sun; you will risk damaging your eyes.

Step Three: Try to feel the physical path created by moonlight as it cuts its way through space towards the Earth. Then concentrate on the boundaries of darkness surrounding the path of light.

Step Four: The darkness around the path will act as your shadow road. Meditate until your spirit feels ready to leave your body. Travel in your spirit along the road to the light source. Once there, you may pick another source of light and travel to it as well.

Step Five: Remember, light is the single fastest thing that exists in the universe. Be careful not to get lost as you travel with it. Have a friend with you to help wake you up in case you travel too far.

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Physical manifestation of dark objects

Once you are able to create shadow orbs and other shadows, you should be ready to start creating objects of pure darkness. Be careful when you begin to do this, as these objects can be extremely dangerous. This technique should only be undertaken by advanced practitioners of umbrakinesis.

Step One: Create a shadow far from your body as you usually would. If you are practicing this technique for the first time, it helps to envision energy traveling from your torso and cohering at a fixed point about fifteen feet away from you.

Step Two: Slowly walk towards the shadow you've created, continuing to focus your energy. Walk very slowly, one step at a time; pause for about ten seconds between steps. This slow walk will cause the wavelength of your energy to shorten and become more concentrated.

Step Three: As you approach the shadow that you have created, use your hands to physically shape the shadow. You should be able to touch it with your hands. Push the energy from your body together into as compact a shape as possible. This is a very hard technique to maintain; many practitioners find that their umbrakinetic objects fade away rapidly or that they become exhausted trying to keep them in place.

Shadow Portals

Once your powers of shadow creation are sufficiently strong, you will be able to use your power to move quickly from place to place. Do not attempt this before you are extremely adept at creating shadows, or you may find yourself lost in the shadow realm.

Step One: Create a shadow where you currently are. Simultaneously, create a shadow aura for yourself. Blend your aura with the shadow you have created and step into the shadow. You will find yourself stepping into the shadow world. Please note that breathing is very important during this; breathing slowly will help keep your energy centered and prevent you from getting lost.

Step Two: Visualize a shadow at the place you want to be. If you are able to hold two shadows in your mind simultaneously, you can also do this before you step into the initial shadow. Walk through the shadow realm, holding the exit shadow in your mind. Eventually, you should be able to step out of the shadow realm into this exit shadow without crossing physical space.

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Umbrakinetic impulse manipulation

Just as with any other physical object, our minds contain elements of light and darkness. Once you are able to confidently manipulate shadows you will be able to use them to influence the minds of others. It is rumored that exceptionally advanced users of umbrakinesis can use this tactic to control the minds of others; however, that is beyond the scope of this article.

Step One: Create an energy connection between yourself and another person. This is easiest if the other person is cooperative, so choose a friend when you are starting to learn this technique. Ideally, this person should also be a practitioner of umbrakinesis.

Step Two: Create an empty, dark connection between your minds. This is a literal, not a metaphorical path. You should see the shadow forming between your heads.

Step Three: Extend the shadow path so that it enters into the other person's mind. At that point, the energy of the shadow path will begin to transmit emotions that will impact the other person. They should begin to feel some of the emotions that you are feeling and vice versa. Please note that this technique should not be practiced too frequently, because there is a danger that two minds can become permanently connected.

Diabolical Darkness

Once you've advanced far enough on your journey, you may be able to access the source of all darkness: the pits of hell. Hell is the ultimate source of power for umbrakinetics, and tapping into diabolic power can help strengthen everything you do using umbrakinesis.

Step One: Go to a dark place and begin to meditate. Eventually you should slow your breathing until you are breathing approximately 15 times a minute.

Step Two: Begin to focus on the darkness in front of you. Try to create a shadow on top of the darkness that already exists. This ultra-layered, extra-concentrated darkness is closer to the original darkness of hell than simply the absence of light.

Step Three: Once you feel certain that you have created a patch of ultra-concentrated darkness, feel free to return to the light. The darkness should endure even when you are not concentrating it. If you have done it correctly, it will exist under its own power and you will not need to maintain it. However, you will also not be able to control it.

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Become a creature of shadow

Once you have mastered all of the techniques above, you are ready to join the shadow realm. However, please note that it will take most people an entire lifetime to master the techniques listed here. Transforming your consciousness into shadow is something that should only be undertaken by the most advanced of practitioners.

Step One: Go into the darkest physical environment that is accessible to you. Ideally, no single photon of light should be touching any part of your body. If you've mastered night vision, you should not use it as it disrupts the purity of the darkness.

Step Two: Slow your breathing and relax your muscles. Concentrate on muscle groups one at a time and relax them one by one: for example, you might try relaxing from your feet up. Relax your toes, then your soles, then your heels, then your calves, and so on, all the way up your body.

Step Three: Once your body is as little of a physical presence as possible, concentrate on blurring the boundaries between your body and the rest of the world. Open yourself to receiving energy from the world and allow your body's energy to be projected outwards.

Step Four: As the boundaries of your body become blurred with the boundaries of the world, allow darkness to enter the places where your body used to be. At this stage, as your body becomes replaced with darkness, you should begin to physically move again to ensure that your consciousness is bound with the physical presence of the darkness.

Step Five: It will take a while—possible up to several days—before your entire body has been replaced by darkness. However, at this stage, you should be able to move freely throughout the world as darkness, leaving your physical form behind. You will have all of the powers of darkness as discussed above.

Welcome to your journey

Hopefully, you now understand the amazing powers that umbrakinesis can make available to you. Although many start on this journey, few give umbrakinesis the time and energy that it requires to become a true master of the field. To become a true master, you must be ready to dedicate time, energy, and your soul to learning new techniques and mastering the laws of darkness.

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[Beginners To Advanced Electrokinesis Guide](#)

So what is electrokinesis?

Electrokinesis is defined as the ability to manipulate electricity and electrical objects with one's mind.

it is one of the most powerful abilities of the mind and some people even consider it to be the pinnacle of all of the psychic abilities, especially in modern times where we are constantly surrounded by electronic objects.

If you think about it, there are endless applications for this potent skill.

Some examples of electrokinesis applications

- Charging Various electronic products. (phones, laptops, tablets)
- Making a psi ball that is charged with electricity and feel the sparks.

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- Electrocute other living beings. (Not Recommended!... But possible, I would save this only for a case of self-defense)
- Create lightning during thunderstorms. (the practitioner needs to be well versed in both electrokinesis and [aerokinesis](#))
- Scare people with a zap of electricity.

How long will it take me to develop electrokinesis?

There is no definitive answer how long it will take you to develop electrokinesis, but the more you practice, the faster you will develop your potency, one of the best ways to hack the learning curve is meditation, underrated by many, meditation will help you focus and achieve greater results much faster.

Listening to electricity

This technique will be the prerequisite for all the other techniques in the guide.

- Step 1. Lay in your bed on your back and breath in and out very deeply until you achieve a calm state of mind. (best done before sleep)

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- Step 2. Visualize electricity all around you in the air, see with your mind's eye the blue electric lightning strings jumping from wall to wall, see it as clear as you can, this is important as the clearer you will see it the better.
- Step 3. Start visualizing the distinct crackle and pop electricity usually makes, listen to until you can actually hear electricity all around you very loudly if you can manage to hear it, congratulations! you are one step closer to mastering electrokinesis

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Making an electric psi ball

I haven't covered how to make a psi ball yet but be sure that when I do I will link to it here.

- Step 1. Meditate for half an hour.
- Step 2. Make a psi ball and make it as dense as possible, this is important as to keep the structural integrity of the psi ball while we are performing manipulations on it
- Step 3. Visualize in your mind's eye how electricity flows from your hand into the psi ball filling it with a light blue hue, feel the electricity sparkles on your fingers, stinging you slightly. (if you did everything right don't be startled when you feel it! you may lose psi ball, just stay calm and keep breathing)
- Step 4. This is optional, now after you achieved this feat, you can do whatever you want with the ball, you can just drop it or you can throw it a light bulb and see what happens, given the more you practice the better the result will be.

Shoot a quick bolt

- Step 1. Meditate for half an hour.
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- Step 2. Visualize in your mind's eye electricity moving all through your body, from your toes to your root chakra, moving up to your dan tien (above your navel), up to your solar plexus (chest area).



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- Step 3. Now with all this energy in your solar plexus, move it all to one of your arms and into your hand. you should feel a concentrated force in your hand.
- Step 4. the last step is to try to point and shoot the energy at something, we suggest the tv or your laptop and see what happens. (again please don't try this on humans or any other living being)

Absorption of electricity

this technique should be only used after months of extensive electrokinetic training and should not be taken lightly, also not to be used with exposed sources of electricity like cut-off wires and open sockets.

- Step 1. Meditate for at least an hour.
- Step 2. grab an electrically charged device, could be a phone a laptop or a battery.
- Step 3. hold it in your hand and focus on it, feel how your hand absorbs the power of the device you are holding, be aware of the tingling sensation in your hand, and move it to the rest of your body. if you did it right you should be electrically charged, be careful when interacting with humans after using this technique, you should take notice what happens when you interact with devices after using this method.